

# CONCO®

Breathe easy and feel balanced with this highly concentrated, nourishing formula. Conco® helps bring your respiratory system into balance with “metal element” herbs that support your overall health. Chuan xiong root promotes healthy circulation while golden bell fruit and bamboo leaf support healthy respiration, digestion, and circulation.\*

## BENEFITS

- Highly concentrated, natural herbal formula
- Balances your respiratory system\*
- Promotes healthy digestion and circulation\*

	Owner Expertise Formulation		Kosher Certified
	Self-Manufactured in the USA		Halal Certified
	Made with Natural Ingredients		NSF Certified
			GMO Free



100 capsules #20201

## INGREDIENT HIGHLIGHTS

### CHUAN XIONG ROOT

Also known as lovage, this “warming” root supports healthy circulation.\*

### GOLDEN BELL FRUIT

Also known as forsythia and lian qiao, this fruit addresses your respiratory system and skin.\*

### BAMBOO LEAF

High in fiber, this “cooling” herb aids digestion and contains silica to strengthen your skin and bones.\*

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

	Amount Per Serving	% Daily Value
Total Carbohydrate	1 g	<1%*

Proprietary blend: 1 g †  
Ingredients: Chinese mint leaf, Lonicera japonica flower, Ligusticum chuanxiong root, forsythia (goldenbells) fruit, Schizonepeta tenuifolia, codonopsis (bell flower) root, Angelica dahurica root, Angelica pubescens root, licorice root, lophatherum leaf, burdock fruit, and giant reed root.

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

## FAQs

### Q: What is the “metal element”?

A: In Traditional Chinese Medicine, health is the balance of five elements: wood, fire, earth, metal, and water. Each element has its own qualities in your body. Metal is associated with the lungs and large intestines, and its characteristics are determination, precision, and organization. The “metal element” herbs in Conco® help balance your body with a combination of “warming” (cleansing, Yang energy) and “cooling” (nourishing, Yin energy) herbs.

### Q: How do I know if I have a “metal imbalance”?

A: In Traditional Chinese Medicine, when your “metal element” is in balance, you may feel like you can do anything. Conversely, “metal imbalance” can negatively affect your respiratory, digestive, and skin health while adversely affecting your mood, causing grief or sadness.

## HOW TO USE

Take two capsules three times a day at meal time.

## OTHER INGREDIENTS

Vegetable-based capsule (hydroxypropyl methylcellulose).

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.